General Objective
To acquire additional knowledge, methods, trends, and skill application in the coaching of a selected Interscholastic sport.

Specific Objectives
Participants will be able to:
1. Identify the importance of a selected interscholastic sport as a lifelong activity.
2. State the importance of a selected interscholastic sport as a part of our culture.
3. Identify the rules and terminology used in a selected interscholastic sport.
4. Identify the strategies of a team and / or individual play in a selected interscholastic sport.
5. Identify the strategies of individual position plays in a selected interscholastic sport.
6. Exhibit a knowledge of safety practices necessary to participate in selected interscholastic sports.
7. State the physical fitness value derived from participation in selected interscholastic sports.
8. Identify the skills necessary to participate in selected interscholastic sports.
9. State the social skills derived from participation in selected interscholastic sports.
10. Identify positive sportsmanship techniques and participate in selected interscholastic sports.
11. Identify new methods and techniques for more effective coaching in selected interscholastic sports.
12. Identify innovative methods of organizing and administering a selected interscholastic sport.
13. Identify national, state, and local policy revisions that will affect the administering of a selected interscholastic sport.
14. Exhibit a basic understanding in the recognition, treatment, and evaluation of athletic injuries in selected interscholastic sports.
15. Exhibit a basic understanding and knowledge of sports medicine as it pertains to selected interscholastic sports.
16. Exhibit a positive attitude toward sports, both as a participant and as an observer.
17. Demonstrate how the health-related components of physical fitness are increased through the application of training principals.
18. Describe and demonstrate fundamental techniques used in a selected sport.
19. Describe and demonstrate strategies utilized in a selected sport.
20. Identify historical facts relative to the origin and development of a modern day selected sport.

Activities
Activities will include but are not limited to the following:
1. Strategies of play
2. Skill Acquisition
3. Sport Assessment
4. Sport Improvement
5. Sport Organization and Management
6. Safety Procedures
7. Sportsmanship / Social Values
8. Conferences / Seminars

Delivery
Participants will attend laboratory activities consisting of methods, techniques, and recommended operational procedures by qualified professionals. Participate in lectures, demonstrations, and individual/group applications. The activities will include, but not be limited to:
1. Strategies of play
2. Skill acquisition
3. Sport assessment
4. Sport improvement

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5. Sport organization and management
6. Safety procedures
7. Sportsmanship/social values
8. Conference/seminars

**Follow-Up**
Participants will:
1. Use information and knowledge gained by attending laboratory sessions, clinics, and/or workshops to improve their coaching skills and development of student athletes
2. Provide and share feedback regarding implementation of activities
3. Model/demonstrate best practices
4. Provide written/oral reflections

**Participant Evaluation**
Participant will pre and post-tests designed by the instructors will be administered to each participant in the various contents to evaluate attainment of specific objectives. Each participant must obtain a minimum of 80% mastery level of objectives to successfully complete the component. The component evaluation will consist of instructors and participant assessment of how well component activities help participant to master the objectives.

**Workshop/Component Evaluation**
Participants and instructors will assess the degree to which the activities addressed the specific objectives and will make recommendations for revision through the Florida Council of Independent Schools Evaluation Form.

**Person Responsible For Evaluation**
Supervisor of Athletics Department or Designee

**Contact Person**
Authorized Program Coordinator or Supervisor of Athletics

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